



Charting Your Course

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Charting Your Course Introduction

Creating a vision for your life starts with an understanding and recognition of your purpose, passion, and your core values. From this personal foundation, you can create a vision that serves and inspires you each day.

As you learn to work more deeply with the physics of transformation, you will see how the alignment between your purpose, your passions, and your values forms a thru-line for your life. It allows the full force of life energy to flow at a much faster and more concentrated rate, which puts you on a frequency that matches your Vision and accelerates your results.

This first step will take some time to complete so it's split into three sections:

Part 1 – Your Purpose

Part 2 – Your Vision

Part 3 – Your Goals

Schedule enough time with yourself and complete the entire process during the first week before we begin. The next step is to attend your discovery session which is scheduled for March 6, 2021, at 10am at 2001 Main Street, Lake Como, NJ. This appointment will help you deepen your vision.

Lastly, after you've completed the visioning process, set three goals that will help you track your progress and accomplishment. Remember, goals are for growing. It's great to accomplish things, but it is who we each become in the process that is the real and lasting victory.



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Part 1

My Purpose (my "Why")

"Your inner being is calling to become the next best version of you."

— AndreaNardoza

Your purpose is the rudder for your ship. It helps you navigate your daily life. Knowing your *why* makes many of life's decisions easier to make. Your *why* helps you become persistent and resilient at times when you are required to deal with some of life's most challenging situations. A definite purpose removes the confusion that can arise when deciding what to do next.

Don't get stuck here. Sometimes contemplation of your why can also wake up your paradigms. What if you don't know what your purpose is, then what?

Remember, we all share a universal purpose that can be said this way... when we put our head on the pillow for the last time, we have left a beneficial footprint or presence for having walked this earth.

You are as unique as your thumbprint. There will never be another person just like you to walk the earth. By defining your why, you can gain clarity, focus, and direction in your life. Becoming aware of your why helps you connect with the infinite side of your nature.

To help explore the many facets of how your purpose reveals itself in other areas of your life, we've developed a five-step process. It begins with finding renewed clarity of your values. Next, uncovering what you are truly passionate about. Then, you will take stock and acknowledge all of your personal assets. Let's begin.



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1) Determine Your Values

What do you hold most dear to you? Your values are deeply held beliefs that govern and guide your behavior. Examples include: honesty, integrity, faith, family, and love. They are what matter most to us, and are at the core of our being.

They're extremely important because we make important decisions based upon values. Our behavior, decisions, and actions flow from values. In order to uncover your values, just ask yourself, "What is most important to me?"

Brainstorm a list and then go back and circle the most important ten. Then prioritize those and create a final list between 5 – 7 values.

(Note: As things in life change sometimes values change as well. This is a living document that can be revisited and revised often)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____



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5) Put it All Together – My Why Statement

Review questions 1 - 4 above and ask yourself these questions: “What does this reveal about me? What is my purpose?” Become quiet and listen. Write down what comes to you without self-editing. Then read and refine that into 2-3 sentences. Your Purpose Statement is just that... a “statement.” You want to be able to remember and recite it easily to yourself and others at any time.

My "Why" statement is:

Note: It can be helpful to set this Purpose Statement aside for a day or so and then come back and review it again. New words to describe something may come to you. When you read it again to finalize it, notice if a resounding “YES” feeling rises up out of your being. Do you feel joy and also a sense of serenity? If these things are present, you will know that you’ve discovered Your Purpose.



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Part 2

My Three-Year Vision

The Vision that you are holding in your mind must always be clear, larger and more magnificent than the conditions or circumstances in which you presently find yourself.

The vision that you hold and impress upon your mind will determine what you are in harmony with... and whatever you are in harmony with, will be magnetized to you. In writing your vision, ask yourself first and foremost, “what would I LOVE?” Be specific.

Describe the picture exactly as you desire it to be.

Using the template below, describe the life you would absolutely LOVE living in the four key domains of your life. Place your vision under the umbrella of gratitude and state it in the present tense, as if you are already living that life – I am so happy and grateful now that...

And finally, always hold your vision with purpose an open hand – this or something even better still. By holding your vision with an open hand, you leave room for Spirit to work, and to surprise you with the “even better still.”

I am so happy and grateful now that...

In the areas of

Health

Relationship

Work/Creative Expression

Time/Money Freedom

This or something even better still.



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Take the Vision Five Point Test

Many people ask the wrong question once they've designed a vision for their life. They think, "can I really be, do and have all of this?" Rather, think about it this way: "how do you know your Vision is worthy of you?"

Here are the questions to ask yourself:

1. Does it give me life?
2. Does it align with my purpose and core values?
3. Is there good in this for others?
4. Will it cause me to grow?
5. Do I need help from a higher power?

If you answered YES to those five questions, you have a Vision and Dream that is worthy of your precious life energy being poured into it each and every day.



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Part 3

My Goals

*“Start where you are, with what you have;
you always have WAY more than you recognize.”*

Do not set more than 1 or two goals per task at a time, studies show
that:

- 1-2 goals 100% gets done,
- 3-4 goals 50% gets done,
- 4 or more 0 get done

The formula for effective goal setting is this:

From “x” to “y” by when

- Examples: From 0 to 10 pages by Friday at 2pm
From 0 to 50mph in 20 sec.
From unemployed to a full time job by March 30

Task:

Goal 1

Goal 2
